

I CLAIM:

1. A heat patch comprising:

an enclosure that includes a gas-permeable first layer and a second layer attached to said gas-permeable first layer, said gas-permeable first layer including an inner surface and an outer surface;

a heating composition inside said enclosure, said heating composition being capable of generating heat when a gas is received through said gas-permeable first layer; and

a gas-impermeable cover that is detachably mounted to said outer surface of said gas-permeable first layer.

2. The heat patch of claim 1 wherein said heating composition comprises iron powder, water, water retaining agent, reaction promoter and salt.

3. The heat patch of claim 1 wherein said entire first layer is gas-permeable.

4. The heat patch of claim 1 wherein said gas-permeable first layer is polyethylene.

5. The heat patch of claim 1 wherein said second layer is polyethylene film.

6. The heat patch of claim 1 wherein said gas-impermeable cover is polyethylene film.

7. The heat patch of claim 1 wherein said heating composition is capable of generating heat when air is received through said gas-permeable first layer.

8. The heat patch of claim 1 wherein said gas-impermeable cover includes a plurality of portions detachably mounted to said outer surface of said gas-permeable first layer.

9. The heat patch of claim 8 wherein said plurality of portions seal some of said gas-permeable first layer such that said heating composition generates heat which maintains said second layer at between about 38 and 40 degrees centigrade when the heat patch is exposed to the gas.

10. The heat patch of claim 9 wherein said heat composition maintains said second layer at between about 40 and 42 degrees centigrade when at least one of said plurality of portions is removed from said gas-permeable first layer.

11. The heat patch of claim 10 wherein said heat composition maintains said second layer at between about 42 and 44 degrees centigrade when all of said plurality of portions are removed from said gas-permeable first layer.

12. The heat patch of claim 8 wherein said plurality of portions include strips that seal some of said gas-permeable first layer.

13. The heat patch of claim 8 wherein at least one of said plurality of portions includes information related to heat generated by the heat patch when one or more of said plurality of portions is removed from said gas-permeable first layer.

14. The heat patch of claim 13 wherein at least some of said plurality of portions are different colors, the colors supplying said information related to heat generated by the heat patch when one or more of said plurality of portions is removed from said gas-permeable first layer.

15. A heat patch comprising:

an enclosure that includes a gas-permeable first layer and a second layer attached to said gas-permeable first layer;

a heating composition inside said enclosure, said heating composition capable of generating heat when a gas is received through said gas-permeable first layer; and

a gas-impermeable cover that includes a plurality of portions, each of said plurality of portions being detachably mounted to a separate area of said gas-permeable first layer.

16. The heat patch of claim 15 wherein each of said plurality portions are similarly sized.

17. The heat patch of claim 15 wherein said entire first layer is gas-permeable.

18. The heat patch of claim 15 wherein said plurality of portions are strips.

19. A heat patch comprising:

an enclosure that includes a gas-permeable first layer and a second layer attached to said first layer;

a heating composition inside said enclosure, said heating composition capable of generating heat when a gas is received through said gas-permeable first layer; and

a gas-impermeable cover that includes information related to heat generated as a result of removing said gas-impermeable cover from said gas-permeable first layer and exposing the heat patch to the gas.

20. The heat patch of claim 19 wherein said gas-impermeable cover includes a plurality of portions that are detachably mounted to said gas-permeable first layer.

21. The heat patch of claim 20 wherein at least one of said plurality of portions includes information related to heat generated by the heat patch when one or more of said plurality of portions is removed from said gas-permeable first layer.

22. The heat patch of claim 21 wherein at least one of said plurality of portions include alphanumeric information related to heat generated by the heat patch

when one or more of said plurality of portions is removed from said gas-permeable first layer.

23. The heat patch of claim 21 wherein some of said plurality of portions are different colors, the different colors indicating said information related to heat generated by the heat patch when one or more of said plurality of portions is removed from said gas-permeable first layer.

24. The heat patch of claim 19 wherein said enclosure includes information related to heat generated by the heat patch when said gas-impermeable cover is removed from said gas-permeable first layer, said information on said enclosure being exposed when said gas-impermeable cover is removed from said gas-permeable first layer.

25. A method of applying heat to a body, the method comprising:

- starting an exothermic reaction within a heat patch to generate heat, the heat patch including an enclosure formed of a gas-permeable first layer and a second layer;

- attaching the heat patch to the body; and

- removing a cover from an outer surface of the gas-permeable first layer to increase a rate at which heat is generated by the exothermic reaction.

26. The method of claim 25 wherein starting an exothermic reaction within the heat patch includes exposing the heat patch to air.

27. The method of claim 25 wherein removing a cover from the gas-permeable first layer includes removing at least one of a plurality of portions that form the cover from the outer surface of the gas-permeable first layer.

28. A method of applying heat to a body, the method comprising:

starting an exothermic reaction within a heat patch to generate heat, the heat patch including an enclosure formed of a gas-permeable first layer and a second layer;

attaching the heat patch to the body; and

removing a portion of a cover from the gas-permeable first layer to increase a rate at which the heat generated by the exothermic reaction, the cover being formed of a plurality of portions that are each detachably mounted to a separate area of the first layer.

29. The method of claim 28 wherein removing a portion of the cover from the gas-permeable first layer generates heat that maintains the second layer at a temperature between about 40 and 42 degrees centigrade.

30. The method of claim 28 further comprising removing another portion of the cover from the gas-permeable first layer to increase the rate at which heat is generated by the exothermic reaction.

31. The method of claim 30 wherein removing another portion of the cover from the gas-permeable first layer generates heat that maintains the second layer at a temperature between about 42 and 44 degrees centigrade.

32. A method of applying heat to a body, the method comprising:

starting an exothermic reaction within a heat patch to generate heat, the heat patch including an enclosure formed of a gas-permeable first layer and a second layer;

attaching the heat patch to the body; and

removing a cover from the gas-permeable first layer, the cover including information relating to heat generated by the exothermic reaction when the cover is removed from the gas-permeable first layer.

33. The method of claim 32 wherein removing a cover from the gas-permeable first layer includes removing at least one of a plurality of portions that form the

cover from the gas-permeable first layer, at least one of the plurality of portions including information as to heat generated by the exothermic reaction when one or more of the plurality of portions is removed from the gas-permeable first layer.

34. The method of claim 33 wherein removing at least one of a plurality of portions from the gas-permeable first layer includes determining whether to increase the rate of the exothermic reaction, and analyzing information on at least one of the plurality of portions to determine which of the plurality of portions to remove from the gas-permeable first layer.

35. The method of claim 34 wherein analyzing information on each of the plurality of portions includes analyzing alphanumeric information.

36. The method of claim 34 wherein analyzing information on each of the plurality of portions includes analyzing colors on the plurality of portions.

37. The method of claim 32 wherein removing the cover from the gas-permeable first layer includes exposing information on the gas-permeable first layer relating to heat generated by the exothermic reaction when the cover is removed from the gas-permeable first layer.